

Print Name: _____

Facilities

WRF rules have been established to protect your health and safety. Please respect yourself, other members, guests and staff members. Violations may result in removal from the fitness center and termination of your membership. If a violation is severe, legal consequences may result. Certain guidelines are listed below regarding usage of the facility:

Fitness Center Rules

- All members and visitors must check in at Member Services upon arrival. Members will check in by scanning their key tag and visitors must speak with a Member Services staff member upon arrival.
- Members who are bringing a guest must do so during staffed hours unless previously approved by management.
- Student membership types are not allowed to bring guests to the gym.
- 24-hour access key fobs are only sold to members ages 16 and older.
- Deadlifting and dropping of weights are not allowed. Weightlifting must be in a controlled manner.
- NEVER open the entry door for anyone after hours. Members must use their own key to enter the building.
- Swearing, excessive grunting, loud noises, abusive language, inappropriate behavior, vandalism and verbal or physical confrontation will not be tolerated.
- Wipe down equipment before and after each use with provided disinfectant wipes.
- Limit use of cardiovascular equipment to 30 minutes when others are waiting.
- No loitering in the gym area, disrespecting members or monopolizing equipment.
- Return weights, mats and other equipment to their designated spaces.
- Report any malfunctioning or broken equipment to a staff member immediately.
- No food allowed, only beverages in spill-proof containers are permitted.
- No coats or bags in the exercise rooms or main gym floor. Coat racks & lockers are available.
- Gym memberships for youth start at age 10. Youth ages 10-14 may attend approved classes and use cardio machines under direct adult supervision after completion of a fitness consultation with a personal trainer. A signed fitness waiver needs to be on file and signed by both the youth and their parent or guardian.
- Teens age 15-17 need to complete a fitness consult with a personal trainer if they do not have experience on weight machines/equipment.
- Talking on your cell phone is restricted to the lobby and hallways.
- No taking photos or videos in the facility.
- No usage of chalk or any other equipment that is not supplied by WRF without authorization of management.
- Resistance bands are not meant for full body suspension or hanging from equipment.
- Drugs, alcohol, cigarettes, vaping and weapons are prohibited on the premises.
- Proper workout attire (shorts, t-shirts, sweatpants, sweatshirts) should be worn. No inappropriate or vulgar words or graphics may be worn. Shirts/tops must be worn at all times.
- WRF requires you to change into clean, indoor, closed toe shoes. No street shoes.
- The use of headphones or earbuds are required while listening to music on your personal device.
- Both workout towels and shower towels issued by WRF must be returned to designated areas.
- WRF is not responsible for your personal property. Left items will be kept in our lost and found for a limited time.
- Only WRF personal trainers are allowed to train on our property.
- Solicitation is prohibited at WRF. All promotional flyers must be approved by management.
- Any locks left on the lockers will be cut off at the end of the night.

I have read and understand the rules associated with my membership to Wild River Fitness. I understand that my membership may be terminated with appropriate fees if I fail to follow the above rules.

Signature: _____ **Date:** _____

Signature of Parent/Guardian (if under 18): _____